



# Mountaineering: The Freedom of the Hills, 8th Edition

By *The Mountaineers*

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**Mountaineering: The Freedom of the Hills, 8th Edition** By The Mountaineers

- \* 50th anniversary edition of the title considered "bible" of climbing
- \* With nearly 1 million copies sold, this is the all-time bestselling mountaineering and climbing title
- \* Printed on 100% recycled paper

Since the publication of the first edition in 1960, *Freedom*, as the book is known, has endured as a classic mountaineering text. From choosing equipment to tying a climbing knot, and from basic rappelling techniques to planning an expedition - it's all here in this essential mountaineering reference. A team of more than 40 experts -- all active climbers and climbing educators -- reviewed, revised, and updated this compendium to reflect the latest evolutions in mountaineering equipment and techniques. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall and ice climbing.

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### **Editorial Review**

#### Review

"Growing up in Southern California in the '60s, I couldn't find anyone who shared my passion to learn how to climb. So I bought an ice axe, crampons, and Freedom of the Hills and still remember being on a snow slope with axe in one hand, book in the other, trying to teach myself how to self-arrest. It worked: I'm still around and still climbing." (Rick Ridgeway)

"The 2nd edition of Freedom of the Hills (as well as pictures of Bonatti in an old REI catalog) jump-started my climbing education. The manual's content has kept pace with the evolution of the sport and should be considered mandatory reading for every mountain climber. This truly remarkable resource has no equal in any language." (Mark Twight)

"If there is only one 'how to' book to read for the aspirant and expert alike, it is Freedom of the Hills." (Conrad Anker)

"When I was a springy sapling, the pages of Freedom of the Hills held some of my very first lessons." (Dean Potter)

"I purchased my first copy of The Freedom of the Hills in 1976 and consumed it several times, well before I ever set foot in the mountains. Through the years, my well-worn copy became my guide and reference for the art of mountaineering. I would highly recommend this book as a 'must have' for any aspiring mountaineer's library." (Ed Viesturs)

"I've taught climbing on the world's great mountains for 25 years, and so it is humbling to realize how much I can still learn from simply sitting in a chair and reading Freedom of the Hills. But the game keeps changing, with new technologies and new techniques, and Freedom does a remarkable job of staying not just current, but on the cutting edge. Turning on new climbers to this resource is one of the best things I can do to prepare them for life in the big hills." (Dave Hahn)

"The lessons I learned in the Mountaineers climbing course in 1945 stood me on the summit of Mount Everest in 1963. To see that knowledge, accumulated by so many individuals in 1960, put into a book was wonderful. That it has evolved into the best book on climbing, continually updated by active climbers, is remarkable. I have told many people, including my sons, 'If you want to climb mountains, read Mountaineering: The Freedom of the Hills. Then read it again, so you know for sure, how to get down.'" (Jim Whitaker)

#### About the Author

Founded in 1906, The Mountaineers Club of Washington is one of the oldest and largest mountaineering and outdoor recreation organizations in the United States. Learn more at [mountaineers.org](http://mountaineers.org)

### **Users Review**

#### **From reader reviews:**

**Mark Dunn:**

Have you spare time for a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a wander, shopping, or went to often the Mall. How about open or maybe read a book called Mountaineering: The Freedom of the Hills, 8th Edition? Maybe it is to be best activity for you. You already know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have various other opinion?

**Gayle Skinner:**

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**Mildred Lucas:**

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